

Hearty Turkey Chili

Ingredients

- 1/2 cup chopped onion
- 1 pound chopped leftover turkey
- 2 cups unsalted canned tomatoes
- 4 cups canned kidney beans, drained
- 1 teaspoon sugar
- 1 1/2 tablespoons chili powder
- 2 cups chopped celery
- 8 tablespoons fat-free sour cream (for topping)



Directions:

Saute the onions and turkey together over low heat until onions are cooked. Add the rest of the ingredients except for the celery. Cover and cook for 20 minutes, adding the celery during the last 10 minutes. Top each serving with a tablespoon of fat-free sour cream.

Nutritional Analysis (per serving)

Calories 240

Fat (grams) 4

Percent calories from fat 15

Percent polyunsaturated 6

Percent saturated 7

Percent monounsaturated 2

Cholesterol (milligrams) 43

Sodium (milligrams) 190

Protein (grams) 25

Carbohydrate (grams) 26

Fiber (grams) 8

NOTE: People with diabetes or those on calorie-controlled diets may count one serving as: 1 starch, 2 vegetable, and 3 meat servings.

By Mayo Clinic staff

www.mayoclinic.com